

E. Michael Regan, LCSW

Licensed Clinical Social Worker

Mental Performance Mastery (MPM) Certified Coach

Mike Regan was a high school All-American runner and was the Connecticut High School Track Athlete of the year winning multiple individual state championships. That led him to compete at St. John's University in New York earning All-Big East honors.

His experience and professional training forged an interest in the mental skills side of competing and performing. Mike currently operates a clinical practice in Essex, CT called The Adapt Wellness Group with his son Tucker, also a clinical social worker and former D-3 pitcher. Together they have coached numerous sports and led workshops for coaches and athletes developing the mental skills for peak performance.